What's happening

November/December 1985
A bimonthly calendar of public events at UC-San Francisco. Please come and enjoy.

UCSF-LAUREL HEIGHTS EVENTS

All events held at 3333 California St. auditorium. For further information call 476-3206 unless otherwise noted.

Thurs., Nov. 7: **AIDS Training Program for Teachers.** 4-6 p.m. Preregistration required. Call 476-3209. (See news item for details.)

Tues., Nov. 12: **Public Information Meeting.** Neighbors in Laurel Heights invited to attend this meeting for the most up-to-date information on the UCSF move to the Laurel Heights campus. 7 p.m.

Wed., Nov. 13: **Free Community Health Talk: The Latest Approaches in the Management of Parkinson's Disease.** 7:30-9 p.m.

Sat., Nov. 23: **Film: The Jungle Book.** 1 p.m. $1.50. Parking 50¢ (enter from California St.).

Sat., Dec. 14: **Film: Never Cry Wolf.** 1 p.m. $1.50. Parking 50¢ (enter from California St.).

COMMUNITY HEALTH EDUCATION PROGRAMS

All lectures are free and geared to senior citizens. Topics are subject to change. Call 476-3206.

November

Foot Care. Ingleside Senior Center, 1345 Ocean Ave.

Heart Problems & Care. Lincoln Park Senior Center, 417-31st Ave.

Music Therapy. Dolores St. Baptist Senior Center, 208 Dolores St.

Care of Bones. OMI Senior Center, 333 Randolph St.

Diet & Nutrition. St. Francis Lutheran Church, 152 Church St.

Myths of Aging. Seventh Ave. Presbyterian Church Senior Center, 1329-7th Ave.

First Aid. St. Philip's Senior Center, 725 Diamond St.

Physical Therapy. Diamond Senior Center, 117 Diamond St.

Gastro-Intestinal Problems. Russian-American Community Services, 674-37th Ave.

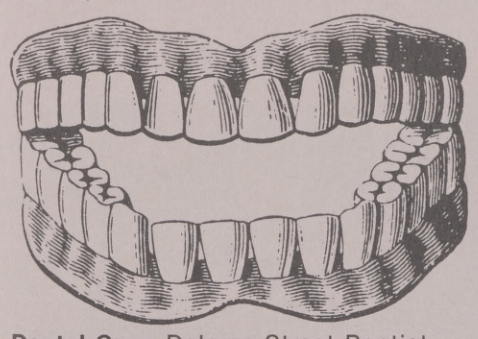
Vitamins. Kosher Nutrition Center, 315-15th Ave.

Insomnia. Kosher Nutrition Center, 1851 Noriega St.

December

Music Therapy. Ingleside Senior Center, 1345 Ocean Ave.

Women's Health. Lincoln Park Senior Center, 417-31st Ave.



Dental Care. Dolores Street Baptist Senior Center, 208 Dolores St.

Cardiac/Heart Care. OMI Senior Center, 333 Randolph St.

Gastro-Intestinal Problems. St. Francis Lutheran Church, 152 Church St.

A Healthy Outlook. Seventh Ave. Presbyterian Church Senior Center, 1329-7th Ave.

Helping Friends. Russian-American Community Service, 674-37th Ave.

Physical Therapy. Diamond Senior Center, 117 Diamond St.

Arthritis. Kosher Nutrition Center, 315-15th Ave.

FOLK DANCING

Learn folk dancing from various parts of the world. No partner needed and everyone is welcome to attend. Held every Tuesday in the Millberry Union Gym, 500 Parnassus Ave. 1:15-2:30 p.m. $1.

MOBILE MAMMOGRAPHY SCREENING PROGRAM

Women now can have low-cost mammograms—x-rays to screen for breast cancer—from a mobile van that travels to convenient shopping or downtown locations in San Francisco and remains for a week at a time.

Women need the approval of their physicians to have the mammogram. The procedure takes approximately 20 minutes and costs only $30. To make an appointment call 990-0459 between 9 a.m. and 3:30 p.m.

The van will be at the following locations during November and December:

- Nov. 4-8: Embarcadero Center Drumm between Clay & Sacramento.
- Nov. 11-15: UCSF-Laurel Heights parking lot, 3333 California.
- Nov. 18-22: Civic Center, McAllister between Larkin & Polk.
- Nov. 25, 26 & 27 only: Lick Super, 7th Ave. between Geary & Clement.
- Dec. 2-6: Financial District, Sansome across from Citicorp Bldg., near Market & Bush.
- Dec. 9-13: Irving St. between 25th & 26th Ave.
- Dec. 16-20: Across from Safeway on Marina Blvd. between Buchanan & Webster, near Fort Mason Center.
- Dec. 26, 27, 30, 31, Jan. 2, 3 only: UCSF campus, in parking lot, Parnassus & Medical Center Way.

CAMPUS TOURS

All tours are free and take place at 1 p.m. on Tuesdays, November 12, 19 & 26 and December 3, 10 & 17. Meet in the lobby of the Medical Sciences building, 513 Parnassus Ave. For further information call 476-4394.

BROWN BAG TOURS/ LECTURE SERIES

All lectures are free and held on Wednesdays at noon in Room 301 Health Sciences West (enter through 513 Parnassus Ave.). Tapes of all talks are available for listening in the UCSF Library, SIMA Unit, Room 345 Health Sciences East. Call 476-4394.

Nov. 6: **How to Work Smarter.**

Nov. 13: **Magnetic Resonance Imaging in Children.**

Nov. 20: **The Healthy Holiday Gourmet.**

Nov. 27: **The How-To's of Toy Selection.**

Dec. 4: **A New Look at Mind-Body Relations.**

Dec. 11: **People's Smoke Hurts You.**

Dec. 18: **Why Holiday Blues?**

NURSING SERVICES COURSES

For further information call 47[illegible]93.

Fri., Nov. 8: **Nursing Diagnosis: A Practical Approach.** Rm. N 721, School of Nursing Bldg. (enter through 521 Parnassus Ave.).

Mon., Nov. 11: **The Use of Nursing Diagnosis in Critical Care.** Langley Porter Aud., 401 Parnassus Ave.

Tues., Nov. 12: **Effective Communication & Conflict Resolution.** Rm. M 980, Moffitt Hospital, 505 Parnassus Ave.

Mon., Nov. 18: **Legal Aspects of Clinical Practice.** Langley Porter Aud., 401 Parnassus Ave.

Mon., Dec. 9: **Intra-Aortic Balloon Pump Workshop, Part I.** Rm. N 423, School of Nursing Bldg. (enter through 521 Parnassus Ave.).

Tues., Dec. 10: **Intra-Aortic Balloon Pump Workshop, Part II.** Rm. N 423, School of Nursing Bldg. (enter through 521 Parnassus Ave.).

SPECIAL EVENTS/DATES

Wed[illegible]ov. 6: **Langley Porter Institute Book Sale.** To benefit the LPPI Patients Library. LPPI lobby, 401 Parnassus Ave. 11:30 a.m.-1:30 p.m.

Wed., Nov. 6: **Consequences of the Nuclear Arms Race & Nuclear War: A Medical Perspective.** A free Community Health Education Lecture. Toland Hall, 533 Parnassus Ave. 7:30-9 p.m. Free parking available. Call 476-3206.

Tues., Nov. 12: **Lecture/Slide Presentation: The World of Leonardo daVinci.** HSW 301 (enter through 513 Parnassus Ave.). Noon.

Thurs., Nov. 21: **Special Performance: Immediate Family.** Sponsored by the Women's Resource Center. Cole Hall, 513 Parnassus Ave. Noon-1 p.m. Call 476-5836.

Thurs., Nov. 21: **Child Day-Care in the San Francisco Community: New Directions, New Opportunities.** A community forum. Toland Hall, 533 Parnassus Ave. 5 p.m. Reception to follow. Call 476-[illegible]1.

Tues., Nov. 26: **Miland & Sutherland Cello & Piano Duo.** Faculty/Alumni House, 745 Parnassus Ave. Reception 5 p.m., concert 5:45-7 p.m. $4. Call 476-2571.

Fri., Nov. 29: **Film: Quilts in Women's Lives.** Sponsored by Women's Res[illegible]e Center & Faculty/Alumni Assn. Toland Hall, 533 Parnassus Ave. Noon. Call 476-5836.

Wed., Dec. 4: **Hospitals Auxiliary Annual Gold Jewelry Sale.** Medical Sciences lobby, 513 Parnassus Ave. 8 a.m.-4 p.m. Call 476-4906.

Tues.-Thurs., Dec. 10-12: **Holiday Crafts Fair.** Millberry Union combined lounges, 500 Parnassus Ave. Dec. 10 & 12 from 10 a.m.-3 p.m., Dec. 11 from 10 a.m.-6:30 p.m. Call 476-2571.

Wed.-Thurs., Dec. 11-12: **The Royal Lichtenstein Quarter-Ring Sidewalk Circus.** Children $2.50, adults $4.50. Millberry Union Gym, 500 Parnassus Ave. Wed., 6:30 p.m.; Thurs., noon. Call 476-2571.

FILMS

COLE HALL CINEMA

All films are shown in Cole Hall, Medi[illegible] Sciences building, 513 Parnass[illegible] Ave. Children under 14 $1.50, UCSF students, seniors & Millberry Union members $2, general $2.50. For further information call 476-2571.

Fri., Nov. 1: **The Killing Fields.** 6:30 & 8:45 p.m.

Thurs., Nov. 7: **Ghostbusters.** 5:45 p.m.

Fri., Nov. 8: **Ghostbusters.** 6:30 & 8:45 p.m.

Thurs., Nov. 14: **Prizzi's Honor.** 5:45 p.m.

Fri., Nov. 15: **Prizzi's Honor.** 6:30 & 8:45 p.m.

Thurs., Nov. 21: **Beverly Hills Cop.** 5:45 p.m.

Fri., Nov. 22: **Beverly Hills Cop.** 6:30 & 8:45 p.m.

Thurs., Dec.. 5: **Star Wars.** 5:45 p.m. **The Empire Strikes Back.** 7:45 p.m.

Fri., Dec.. 6: **Return of the Jedi.** 6:30 & 8:45 p.m.

Sat., Dec. 7: **Star Wars.** 5:30 p.m. **The Empire Strikes Back.** 7:30 p.m. **Return of th[illegible]edi.** 9:30 p.m.

PRO: RECREATION & FITNESS

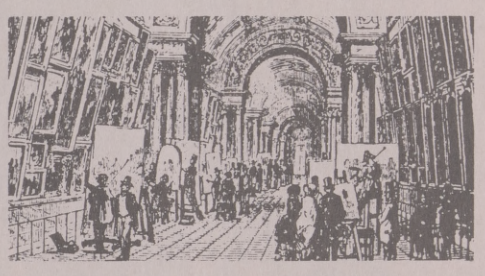
Over 100 classes offered quarterly in areas of exercise training/aerobics, swimming, stress management, massage & relaxation skills, dance, racquetball, squash, scuba diving, sailing, self-improvement & education, cooking, catering, photography, mime and stained glass. For further information and a free brochure call 476-1800.

Mon., Nov. 4: **Midpoint registration.** Half price on all classes not already filled.

Dec. 9-30: **Three-week mini-series.** Most classes to be offered.

ART EXHIBITS

Hospitals Auxiliary Exhibit. On display for the month of November in the lobby of Moffitt Hospital, 505 Parnassus Ave., will be Chinese brush paintings and etchings. On display for the month of December will be scrolls, oil paintings, charcoal drawings and photographs. A portion of all proceeds benefits UCSF patients. To purchase or reserve work, visit the Auxiliary Office, next to the cashier, Moffitt lobby, 10 a.m.-2 p.m. or call 476-4906.



Faculty/Alumni House Exhibit. On display through February are oils on canvas & paper by Stewart B. Gross and photographs by Della Rossa. Faculty/Alumni House, 745 Parnassus Ave. 8 a.m.-4:30 p.m. Artists' Reception Fri., Dec. 6. 4:30-7 p.m. For further information call 476-4723.

OUTDOORS UNLIMITED

Located on Parnassus Ave., street level in the University Hospital Bldg. between 3rd and 4th Ave., Outdoors Unlimited offers outdoors adventures for the neighborhood and campus community. Sign up for activities from 11:30 a.m. to 1:30 p.m. or 5 to 7 p.m., Monday & Friday; 11:30 a.m. to 1:30 p.m. or 4 to 6 p.m., Tuesday to Thursday. Two-week advance registration is required for most events. For further information and a free brochure call 476-2078.

Sat., Nov. 9: **Avalanche Transceiver Practice.** Golden Gate Park.

Sun., Nov. 10: **Point Reyes Day Hike.**

Wed., Nov. 13, 20, 27: **Kayak Roll Session.** Millberry Pool, 500 Parnassus.

Sat., Nov. 16: **Sea Kayaking.** SF Bay.

Tues., Nov. 19: **Outdoors Unlimited Get Together.** Millberry Union Madrone Rm., 500 Parnassus Ave. 7:30 p.m.

Sun., Nov. 23: **Pt. Lobos Day Hike.**

Tues., Nov. 26: **Mexican Boating Trip Slide Show.** HSW 301 (enter through 513 Parnassus Ave.) 7 p.m.

Fri.-Sun., Nov. 29-Dec. 1: **Cross-Country Skiers Boogie.** South Lake Tahoe.

Tues.-Sun., Dec. 3-8: **Introduction to Cross-Country Skiing.**

Tues.-Sun., Dec. 10-15: **Introduction to Mushroom Collection & Identification.**

Wed., Dec. 11: **Introduction to Knots & Ropes.**

Fri.-Wed., Dec. 20-25: **Christmas Ski Holiday.** South Lake Tahoe.

Fri.-Tues., Dec. 27-Jan. 1: **New Year's Ski Holiday.** South Lake Tahoe or Lassen National Park.

UCSF
University of California, San Francisco
...A Health Sciences Campus

Computerized Exercise Test for Heart Disease

A new computer-aided method for analyzing treadmill exercise tests greatly improves their accuracy and offers the potential for expanded screeening for heart disease in apparently healthy people, according to Milton Hollenberg, MD, UCSF professor of medicine and a cardiologist at the VAMC.

The method virtually eliminates the chance that an exercise test will falsely indicate coronary artery disease.

In a study involving Hollenberg and US Army physicians, exercise tests of 377 healthy officers between the ages of 32 and 49 were analyzed in two ways—by the standard method and by a Treadmill Exercise Score developed by Hollenberg and colleagues.

Using the standard analysis, Army physicians found 45 of the men positive for coronary artery disease. Using his exercise score, Hollenberg found only one positive. Ten of th[illegible]5 with the strongest indications of the disease were then further studied with angiography, a procedure in which x-rays visualize any blockage in the coronary arteries. The results showed that only one of the 10—the one identified by Hollenberg—actually had coronary artery disease.

New Alzheimer's Center

The State of California has designated the UCSF Alzheimer's Program as a center to provide services to patients and their families.

The center provides evaluation and care for those who seem confused, depressed and have problems with memory. Since other conditions can be mistaken for Alzheimer's, a comprehensive assessment is made, which includes medical, social, nursing and psychological evaluations.

Specially trained staff in internal medicine, neurology, psychology, psychiatry, nursing, social work and pharmacology, work with the family providing counseling, home visits, information and referrals. The team also works closely with the patient's physician and emphasizes special attention to the problems of the spouse and family in caring for the patient.

The Alzheimer's Center is located at 1350-7th Ave., Room 228. To obtain information or for a screening evaluation appointment call 731-3111.

Twelve-Week-Old Baby Makes History

Twelve-week-old Hope Wicker of San Jose may hold the record as the youngest person ever to have had a blood transfusion. She had six transfusions before she was even born. Hope's mother, Donna, 32, suffers from Rh sensitization, a condition in which the mother's immune system rejects the red blood cells of the developing fetus. The baby becomes anemic and may die if the condition is not treated.

UCSF doctors treated Hope wi[illegible] blood transfusions while she was still in the uterus, starting at 19 weeks' gestation and continuing over four months.

Laurel Heights Meeting Nov 12

Residents living in the Laurel Heights neighborhood will have the opportunity to hear the latest information on plans for the UCSF-Laurel Heights campus at the third in a series of public information meetings, to be held on Tuesday, November 12, at 7 p.m. in the auditorium at 3333 California Street. For further information call 476-3206.

UCSF

University of California, San Francisco
...A Health Sciences Campus

UCSF
University of California San Francisco
News and Public Information Services
532 Parnassus Avenue, San Francisco, CA 94143

Rush—Time Dated
November—December, 1985

To our neighbors

November/December 1985
A summary of recent news stories from the University of California, San Francisco...A Health Sciences Campus.
Volume 10, Number 6

No Cases of AIDS Transmission to Health Care Workers

A UCSF study of 300 health care workers who care for AIDS patients at SFGH has found no cases of transmission of the disease to health care workers who are not in high-risk groups.

In a presentation in late September to the American Society for Microbiology, Interscience Conference on Antimicrobial Agents and Chemotherapy, Julie Gerberding, MD, UCSF clinical instructor in medicine, reported that 300 physicians, nurses, laboratory personnel and other employees with intensive exposure to AIDS patients have been enrolled in a study which began in 1984.

Many of the health-care personnel work with laboratory specimens from AIDS patients, and more than one-third of them had sustained needlesticks or other accidents with contaminated fluids from AIDS patients.

Antibody testing of 240 of the 300 subjects has been completed and no antibody to the AIDS virus has been found in health-care workers who had no risk factors. Sixty-nine of the workers had repeat testing nine months after enrollment and had not developed the antibody during the follow-up period, Gerberding reported.

Fifty of the 240 subjects were individuals with risk factors for contracting AIDS. Of the 50, 15 were found to have the AIDS antibody.

UCSF continues to study AIDS and work not only on treatment, but also on educating the public in order to dispel fears and myths surrounding the illness.

The UCSF AIDS Health Project and the UCSF Community Health Education Programs are sponsoring a free training program for middle and high school teachers on Thursday, November 7, from 4 to 6 p.m. at the UCSF-Laurel Heights campus, 3333 California Street. The program will provide basic information on AIDS risk and transmission, general health issues for teenagers which might increase their AIDS risk and various approaches to teaching about AIDS.

New Telephone System Begins Nov 8

UCSF's entire telephone system, including Hospitals and Clinics, will change beginning Friday, November 8, at 10:15 p.m. At that time the telephone prefix 666 will change to 476 and Langley Porter Psychiatric Institute's prefix will change from 681 to 476. In addition, all telephone numbers with the 666 prefix at our affiliated hospitals and off-campus locations—San Francisco General Hospital, Center for Educational Development, Veterans Administration Medical Center, and UCSF-Laurel Heights campus—will switch to 476. The last four digits remain the same (for LPPI the last three digits, preceded by 7). Hospitals and Clinics' main telephone number will be 476-[illegible]0, separate from the main campus number of 476-9000. The new City directory contains these numbers.

New Periodontal Diagnostic Center Opens

A new UCSF Periodontal Diagnostic Center has opened at the School of Dentistry, offering dentistry's newest approaches to the diagnosis and treatment of periodontal disease—the leading cause of tooth loss.

The first of its kind on the West Coast, the center serves as a resource for several states, said director Gary Armitage, DDS, professor of stomatology and chair of the Division of Periodontology.

Periodontal disease is caused by bacteria normally present in the mou[illegible] Armitage noted. For poorly understood reasons, certain microbes increase in numbers and infect the gums. Pockets form below the gum line damaging underlying bone, which may result in loss of teeth.

About 90 percent of all Americans have some degree of periodontal disease, Armitage pointed out, and 40 million have moderate or severe cases.

Though simple cleaning often can control the condition, many cases persist.

Dentists at the new center customize each patient's treatment after a careful evaluation that includes microbiological cultures. For further information call 476-1085.

UCSF Offices Back To Private Homes

Three University-owned homes on Kirkham and Third Avenues that were being used as UCSF offices have been converted back to residential use for students and young faculty. Four more homes will follow in the next two months, including three on Fifth Avenue. The homes have new bathrooms, kitchens, carpets, new deck areas and freshly painted interiors and exteriors. In all, 32 houses will be returned to residential use, as space for the academic and administrative offices now in these homes is located elsewhere.

(More news items on back page)

Why Do Older People Fall?

Why older people fall, and how this can be prevented, is the focus of a new UCSF study.

Falls and broken hips cripple thousands of older Americans—particularly women—every year, and the statistics are becoming more alarming:

- One of four Americans over age 65 falls at least once a year.
- Each year over 200,000 older Americans suffer broken hips, usually as a result of falls.
- According to the National Safety Council, falls are the cause of over half of the injury-related deaths among older people.

"While the cost in dollars to repair these broken bones is enormous—$3.4 billion annually—the cost in terms of disability, suffering and fear among older people is far beyond measure," said Michael Nevitt, PhD, assistant professor, medicine, and the Robert Wood Johnson Clinical Scholars Program. Nevitt and epidemiologist Steven Cummings, MD, head the new UCSF study.

Nevitt and Cummings are studying some 400 Bay Area men and women over age 60 who have experienced at least one fall in the past year.